



KCCRT CONNECTION

Kentucky Community Crisis Response Board

December 2016

KCCRB NEWS

ACTION REQUIRED

- ♦ **NEW TEAM MEMBER WEB PORTAL!** This Portal on our New website will be restricted to members only. **STEP 1:** Please go to: <http://kentucky.gov/register/Pages/default.aspx> and register. Once the new website goes live, you will need your username and password to access members only area.
- ♦ **STEP 2:** Please send your **USERNAME** to Kelli at m.k.robinson.nfg@mail.mil

♦ Team Stats for Last Month

Nov. 1—30, 2016

Total Incidents: 2

Total Response Services: 6

New Team Members: 1

Renewing Team Members: 0

Applicants: 1 new, 18 total



REGIONAL NEWS

REGION 6 New Member

Troy Goins is an RN for The Brook Dupont in Louisville. His Masters (ABT) is in Child Psychology and he has worked as a therapist (supervised) at Luther Luckett Corrections, Our Lady of Peace and various hospitals. Troy also served as a firefighter with Okolona Fire.

Troy and his wife Rebecca live in Louisville.



Welcome to the Team!

Be a Force of Nature:
Prepare and Stay Safe!
#WinterSafety



Brush Up on Winter Safety



May Your Life

Be Filled with

Peace

This Season.

*Deborah, Kelli,
Tammy, CJ and Angela*

THE ART OF RESPONDING

DID YOU KNOW?

Kindness Fact #5

Perpetually kind people **have 23% less cortisol** (the stress hormone) and **age two times slower** than the average population!

Kindness Fact #10

Like most medical antidepressants, kindness **stimulates the production of serotonin**. This feel-good chemical **heals your wounds, calms you down, and makes you happy!**

Kindness Fact #14

People who volunteer live a longer more satisfied life. "People who volunteer **tend to experience fewer aches and pains**. Giving help to others protects overall health twice as much as aspirin protects against heart disease. This is a stronger effect than exercising four times a week or going to church."

— Christine Carter, Author, "Raising Happiness: In Pursuit of Joyful Kids and Happier Parents"

<https://www.randomactsofkindness.org/facts-about-kindness>

Random Acts of Kindness Ideas

Inspiring Resources



*Team, keep doing Random Acts of Kindness
and Volunteering as a KCCRT Member.*

It is good for you and good for Kentucky!

Thank you for your service!

STAY CONNECTED LINKS

- FACEBOOK (for team members only)
- KHELPS
- TEXT MESSAGE (Important Info Blasts) Text 40404 with message "Follow KCCRT1"
- TWITTER (Important Info Blasts)

KCCRT Connection Editors
Kentucky Community Crisis Response Board
 111 St. James Ct., Suite B, Frankfort, KY 40601
 502.607.5781

QUARTERLY TRAINING

2017

REG DATE

11	1/9	6:00pm	Lex. Fire Training Center, 1375 Old Frankfort Pike Lexington 40504
1	1/26	6:00pm	Carr's Steakhouse, 213 W Broadway St, Mayfield 42066
4	2/3	5:30pm	Shopville-Stab Vol. Fire Dept., 331 Stab Rd., Somerset, KY
12	2/13	6:00pm	KCCRB, 111 St. James Ct., Frankfort 40601
7	2/13	6:00pm	Cathie's, Edgewood 41017
6	2/16	6:30pm	LMPD Training Academy, 2911 Taylor Blvd, 2nd Floor (Room B), Louisville 40208
5	2/20	6:00PM	Nelson Co. Sheriff's Office, 210 Plaza Drive Bardstown 40004
2	3/9	5:30pm	Pennyroyal Center, 607 Hammond Plaza, Hopkinsville 42240
11	7/10	6:00pm	Lex. Fire Training Center, 1375 Old Frankfort Pike Lexington 40504
1	7/27	6:00pm	Carr's Steakhouse, 213 W Broadway St, Mayfield 42066
2	8/10	5:30pm	Pennyroyal Center, 607 Hammond Plaza, Hopkinsville, KY 42240
6	8/10	6:30pm	MFPD1, 108 Urton Lane, Louisville, 40229
12	8/14	6:00pm	KCCRB, 111 St. James Ct., Frankfort 40601
7	8/14	6:00pm	Cathie's, Edgewood 41017
5	8/20	6:00PM	Nelson Co. Sheriff's Office, 210 Plaza Drive Bardstown, KY 40004
4	8/25	5:30pm	Shopville-Stab Vol. Fire Dept., 331 Stab Rd., Somerset, KY
11	10/9	6:00pm	Lex. Fire Training Center, 1375 Old Frankfort Pike Lexington 40504
5	10/16	6:00pm	Hardin Co. EMS, 170 N. Provident Way, Elizabethtown, KY
1	10/26	6:00pm	Carr's Steakhouse, 213 W Broadway St, Mayfield 42066
2	11/9	5:30pm	Pennyroyal Center, 607 Hammond Plaza, Hopkinsville 42240
12	11/13	6:00pm	KCCRB, 111 St. James Ct., Frankfort 40601
7	11/13	6:00pm	Cathie's, Edgewood 41017
6	11/16/	6:30pm	LMPD Training Academy, 2911 Taylor Blvd, 2nd Floor (Room B), Louisville 40208
4	12/1	5:30pm	Shopville-Stab Vol. Fire Dept., 331 Stab Rd., Somerset, KY

The first word most people say every year is "happy."

<http://popculturemadness.com/Trivia/December/31.php>

Happy New Year!